

Taking Care: Share Some Good News



Share your photos and good news!

We would love to hear what you've been up to recently. Did you start a new project, plant a garden, go on vacation, or something else fun and creative? We want to hear about it! Send a photo and blurb to [Kristina Morris](#).

Stories We Love!

[Musician Uses Truck Bed to Play Drive-By Concerts for Friends in Quarantine – and the Video is Incredibly Heartwarming »](#)

[Band-Aid Announces it Will Finally Make Bandages For Darker Skin Tones »](#)

[Surprising Percentage of People Feel Happier After Spontaneous Decisions »](#)

[Taking Up Hobbies Can Prevent—Or Reduce Symptoms of—Depression by One-Third »](#)

[Dad's hilarious review of daughter's pretend restaurant goes viral »](#)

[New Website "Pandemic of Love" Connects 132,000 People in Need of Aid With Those Who Can Help »](#)



Could regular volunteering be the key to a long and healthy life?

17 Ways To Shed Negativity And Achieve Happiness

Learning self-love and overcoming the barriers you've built against yourself are the greatest secrets to living happily. Self-love can bring you closer to inner truth and allow you to attract and create the happiness you deserve in your relationship, career, and life. Self-love will bring peace, love, fulfillment, satisfaction, significance, groundedness, freedom, maturity, wisdom, and magic into your life.

- ◇ Get to know who you are
- ◇ Take care of your needs
- ◇ Learn to breathe
- ◇ Be patient with yourself
- ◇ Listen to your inner child

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How to find joy in troubled times

- ◇ Double down on physical self-care — especially exercise
- ◇ Meditate
- ◇ Improve sleep hygiene
- ◇ Connect with other people
- ◇ Make your bed and declutter your space
- ◇ Experience nature — even if that's just looking at a photo
- ◇ Say thank you

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